

Senior/Specialty Swim Classes

at the Rockville Swim and Fitness Center

Try one of these classes to keep you active this winter.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

45420 Tu & Th 1/7-4/10 2:05-2:50 PM Member \$63/Non-Member \$78

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

45585 M, W & F 1/6-4/11 10:10-10:55 AM Member \$95/Non-Member \$117

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

45584 M, W & F 1/6-4/11 11:05-11:50 AM Member \$95/Non-Member \$117

Senior Exercise Swim

Stop those aches and pains? Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is an ideal environment for a gentle, yet dynamic approach to a healthy body.

45586 M & W 1/6-4/9 2:35-3:20 PM Member \$63/Non-Member \$78

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized. Open to ages 14 and older.

45628 M & W 1/6-4/9 9:15-10:15 AM Member \$147/Non-Member \$185
45629 Tu & Th 1/7-4/10 8:30-9:30 AM Member \$147/Non-Member \$185

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs. Open to ages 18 and older.

45450 Tu & Th 1/7-4/10 10:10-10:55 AM Member \$147/Non-Member \$185

Learn more at www.rockvillemd.gov/recreation/guide or call 240-314-8750.